

**Abstract of the Invention**

An exemplary coating of the invention, suitable for use as an interior coating for metal cans, comprises (a) a polyester resin; (b) a resol resin; and (c) a solvent, the coating being substantially free of bisphenol-A-diglycidyl-ether and bisphenol-F-diglycidyl ether (e.g., "BADGE" or "BADGE-type" components), and preferably also substantially free of polyvinyl chloride.